

# The Insider

11th September 2020 Issue 376

Love to Learn; Learn to Live; Live to Love.

Dear Parents and Carers,

We have been preparing for the return of our whole school community since July, and our basis for doing so is an abundance of care and caution. Our pupils have begun the term really well, taking on board the changes to our 'usual' ways of working. From lining up in the playgrounds to the regular use of hand cleaning, our pupils appreciate the reasons why we are doing things, and have been extremely accepting, even if they would prefer things to be different. Indeed, I know many of the older pupils miss moving from one room to another between lessons. That said, Year 5 have grasped the change of school superbly, for the routine is now established and is becoming second nature.



"For I know the plans I have for you... plans to prosper you and not to harm you, plans to give you hope and a future. When you call upon me and when you pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart..." *Jeremiah* 29: 11-12



Our catering facilities have resumed a full service, and the menu is included inside. The prices from the previous school year have not increased. This year there has been keen interest in the baguettes, paninis, salads, pasta, and pizza that have been on offer. We know from experience that the full meal becomes more tempting as the temperature outside decreases! Also, Friday's fish and chips remain popular.

On Wednesday you should have received (via pupil-post) the proofs for the photos that were taken on Monday. You have until the end of the month to either send the order back into school or to complete on line.

As national and local circumstances develop regarding the coronavirus, we shall keep our arrangements under review, but we shall make the decisions by applying an abundance of care and caution.

Rev. C. Leach, Principal

#### A prayer for New Beginnings

May you trust God that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith. May you be confident knowing you are a child of God. Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love.

Amen.

#### This week's theme was: New Beginnings

God makes everything happen at the right time. Yet none of us can every fully understand all he has done, and he puts questions in our minds about the past and the future.

Ecclesiastes 3:11

### Whole School Target 95.6%

We'll update the attendance weekly, starting from next week.

If a pupil is absent, we shall contact you, or you can email in or leave a telephone message.















### For the week ahead



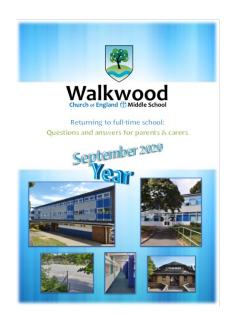
The Fruit of Faith	Forgiveness	Love forgets mistakes; nagging about them parts the best of friends.  Proverbs 17:9				
The assembly theme:	The Love of God	I am the Lord God. I am merciful and very patient with my people. I show great love, and I can be trusted.  Exodus 34:16				
We ask for your thoughts and prayers in the week ahead for:						
The weekend			Monday			
Tuesday			Wednesday			
Thursday			Friday			

## Picture of the Week



There has been some stormy weather this summer! This is Porthcawl in Wales.

© Getty Images



### Returning to full-time school: Questions and answers for parents & carers

Year 5

Year 6

Year 7

Year 8

### **Equipment for lessons**

#### Compulsory items:

- Pen
- Pencil
- Ruler
- Rubber
- Pencil sharpener
- · Colouring pencils
- A notebook
- Scientific calculator (Year 7 and 8 only)
- A pair of compasses (Year 7 and 8 only)



The following items are not compulsory but are useful:

- Whiteboard pen
- Glue stick
- Pink highlighter
- Green highlighter
- Protractor





# Walkwood Church of England Middle School

Lunch menu from September 2020







		Week 1	Week 2	Week 3
	Monday	Chicken Nuggets Potato Wedges Baked Beans  V Vegetarian Nuggets	Monday Brunch including Sausage, Bacon, Hash Brown, Baked Beans and Scrambled Egg V Vegetarian Monday Brunch	Beef Burger Diced Potatoes Baked Beans  V Vegetarian Burger
	Tuesday	Pork Meatballs in Tomato Sauce Pasta Garlic Bread  V Macaroni Cheese	Pasta Bolognese Garlic Bread V Vegetarian Bolognese	Lasagne Garlic Bread  V Vegetarian Lasagne
Main meal	Wednesday	Roast Beef and Yorkshire Pudding Roast Potatoes Vegetables, Gravy V Vegetarian Parcel	Roast Chicken and Stuffing Roast Potatoes Vegetables, Gravy V Roast Vegetarian Fillet	Pork Sausages Toad in the Hole Roast Potatoes Vegetables, Gravy Vegetarian Sausages
	Thursday	Chinese Chicken Curry Rice  V Chinese Vegetarian Curry	Chicken Tikka Rice V Vegetable Samosa	Chicken Curry Rice V Vegetarian Curry
	Friday	Fish and Chips Beans or Peas  Cheese and Onion Lattice	Fish and Chips Beans or Peas V Vegetable Fingers	Fish and Chips Beans or Peas V Vegetarian Tart
		All the	above £1.50	
	<u></u>	Selection of pudding	gs, cheese & biscuits, fr	uit
		Choice of pudding Juice carton <b>40p</b>	gs, yoghurt or fruit <b>40p</b> Tropical juice <b>50</b> p	

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#### Daily selection from:

pizzas, paninis, sausage or onion roll, soft filled baguettes

£1.00

Choice of the salad bar 50p

Choice of puddings, yoghurt or fruit 40p

Juice carton 40p

Tropical Juice 50p

Fillings of cheese, tuna, beans (or combination)

£1.30

Choice of puddings, yoghurt or fruit 40p Juice carton 40p Tropical Juice 50p



#### **Books and Reading Level**



Pupils do not need to bring a reading book from home into school during current circumstances.

Within the next fortnight, all pupils will be taking a Star reading test (part of our Renaissance programme) which will indicate to us which Book Level the pupil should start from. Once we have a Book Level for your child, they will be directed to that Book Level shelf in the library, where they will be able to select a book of their choice.

Rest assured that we working hard to ensure every pupil has a library book to read as soon as possible. In the meantime, please encourage pupils to continue to read at home daily.

## New Government campaign to prevent spread of coronavirus indoors this winter



Chief Medical Officer Professor Chris Whitty said:



"As we approach winter and inevitably spend more time indoors, we need the public to keep following this important advice to control the spread of the virus.

"Hands. Face. Space' emphasises important elements of the guidance we want every-body to remember: wash your hands regularly, use a face covering when social distancing is not possible and try to keep your distance from those not in your household.

"Following these simple steps could make a significant difference in reducing the transmission of COVID -19 and help protect you and your friends, colleagues and family from the virus."



Professor Catherine Noakes, part of the Scientific Advisory Group for Emergencies (SAGE) who specialises in airborne infections said:

"Coronavirus is emitted in tiny droplets when we breathe, talk, laugh or cough. Other people can be exposed to these when they are close to someone with the virus or they are in a poorly ventilated room for a long time.

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"Wearing a face covering prevents most of these droplets from being released into the air, and can also reduce the number of droplets that you are exposed to. That is

why wearing a face covering serves as a vital first line of defence against catching and spreading the virus, along with regular and thorough handwashing with soap and water and maintaining a safe distance wherever possible."

#### **Music News**

#### Exam Success.

Congratulations to the following pupils who took music exams during the summer:

Chelsea Peters - Cello Grade 1

Joseph Leaver - Drum Kit Grade 6



#### Instrumental Music Lessons.

Our visiting teachers are due to resume their teaching starting from next week, 14th September. So far we can tell you about the following, although there are other instrumental lessons which are still being finalised.

Monday: Saxophone (saxophone starts on 21st September) and cello.

Tuesday: Drum kit

Wednesday: Guitar and Keyboard (keyboard starts on 23rd September)

Thursday: Violin.

Pupils will be informed of their lesson times via their tutor group. Instruments should be brought to school on the day they are needed and will need to be kept in the tutor room. Please make sure that instrument cases are clearly labelled. Payment letters will be emailed from the school Finance Office in due course.

There still places available if there are any pupils who would like to start learning a musical instrument in school. Please get in touch with Mrs C Griffiths for further details.

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This week's Word of the Week:

## congenial

What word class is this word? Could it belong to more than one word class?

How many syllables does it have?

Write the dictionary definition(s) of this word, using your own words.

Are there any synonyms for the word?

Are there any antonyms for the word?

Write four sentences, each containing the word.

Challenge: vary the type of sentence each time: write one as a statement; one as a question; one as a command and one as an exclamation sentence.

For example, if the Word of the Week were joyous:

Statement: Xavier is feeling joyous this morning. Question: Does that music sound joyous to you? Command: Make yourself look a little more joyous.

Exclamation: What a joyous evening!

Show your tutor your notes on Word of the Week and receive a merit for answering the questions above!



We need pupils to wear a face mask when they are coming onto the school site, and they may choose to wear one when they are walking to or from school; we accept that will be up to them and depend whether you are collecting them yourself.

Pupils will need to wear their face mask when they move from their class-room, but will not wear it while they are in the classroom.

Pupils will also need to wear their face mask when they are on the playground.

Staff in school will wear face shields when they are with pupils.

All parents and carers must wear a mask if they enter the school site.

The <u>exemptions</u> that apply to the wearing of face coverings in the community will also apply to our school (the exemptions section is at the bottom of the webpage) - just tell us if your child needs an exemption applied (you must not tell us what that exemption is).

Please help us reduce the reduce the risk of infection

by providing a face covering for your child.

## Keeping children safe

The following information concerns how we continue to ensure that pupils are cared for within our school:

Early help: <a href="https://www.walkwoodms.worcs.sch.uk/Content/files/19c6-Early%20Help%20Offer.pdf">https://www.walkwoodms.worcs.sch.uk/Content/files/19c6-Early%20Help%20Offer.pdf</a>

E-safety: https://www.walkwoodms.worcs.sch.uk/E-Safety

Anti-bullying: <a href="https://www.walkwoodms.worcs.sch.uk/Content/files/f2c9-Anti-bullying%20Policy.pdf">https://www.walkwoodms.worcs.sch.uk/Content/files/f2c9-Anti-bullying%20Policy.pdf</a>

Attendance: <a href="https://www.walkwoodms.worcs.sch.uk/Content/files/53d7-Attendance%202018.pdf">https://www.walkwoodms.worcs.sch.uk/Content/files/53d7-Attendance%202018.pdf</a>

Prevent: <a href="https://www.walkwoodms.worcs.sch.uk/Content/files/25a5-Prevent%20Policy%202019.pdf">https://www.walkwoodms.worcs.sch.uk/Content/files/25a5-Prevent%20Policy%202019.pdf</a>

Safeguarding: <a href="https://www.walkwoodms.worcs.sch.uk/Safeguarding-and-Child-Protection">https://www.walkwoodms.worcs.sch.uk/Safeguarding-and-Child-Protection</a>

https://www.walkwoodms.worcs.sch.uk/Content/files/a297-Safeguarding%20Policy%202019.pdf

Relationships and Sex Education: <a href="https://www.walkwoodms.worcs.sch.uk/Content/files/9ca0-Relationships%20and%20Sex%20Education%20Policy%202019.pdf">https://www.walkwoodms.worcs.sch.uk/Content/files/9ca0-Relationships%20and%20Sex%20Education%20Policy%202019.pdf</a>

"Show your wonderful love. Your mighty arm protects those who run to you for safety."

Psalm 17: 7





in our hands



Check if you or your child has coronavirus symptoms:

https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/

The main symptoms of coronavirus are:

- a high temperature this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms.



TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos in a similar manner to Facebook, Instagram and Snapchat. Its main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-syncing and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity and has featured near the top of download charts ever since. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.





#### What parents need to know about

# TKTOK



#### AGE-INAPPROPRIATE CONTENT

On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as "Parental guidance recommended". When signing up to the app, it's possible to lie about your age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are light-hearted or designed to make people laugh. However there have been a number of videos reported for featuring drug and alcohol abuse, self-harm and young teens engaging in sexually suggestive content. More recently, suicide-themed related videos have been widely circulated. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be common to come across explicit and age-inappropriate content on the 'for you' feed when logging into the platform.

#### INAPPROPRIATE MUSIC

TikTok revolves around creating music videos through lip-syncing and dancing. Inevitably, some of the music featured by users will contain explicit or suggestive lyrics. Given the undeniably young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing others user's videos on the app.



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appearing cool and attractive. Many teenagers and become what's known in-app as 'TikTok famous'. TikTok famous



#### ONLINE PREDATORS

As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile and download their content. Be aware that by default, any user can comment on your child's video if their account is set to public. Most interactions are harmless enough but as an app, TikTok is prone to predators because of the abundance of younger users.



#### **ADDICTIVE NATURE**

Social media is designed to be addictive and TikTok is no different. It can be fun and hugely entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping video format, the app's ability to keep you guessing what will come on screen next makes it easy to

#### **IN-APP PURCHASES**

Aside from the content, there's also the option to purchase in-app extras called "TikTok coins," Prices range from £0.99 for 100 coins to an eye-watering £93.99 for 10,000 coins. TikTok coins are used to purchase different emojis to reward content creators that a user finds funny or entertaining. In the iOS version of the app you can disable the option to buy TikTok coins but this sadly doesn't seem to be a feature in the Android version.





# Safety Tips For Parents

#### TALK ABOUT ONLINE CONTENT

Assuming your child is above the age limit to use TikTok, make sure you take the time to talk to them about what they are seeing on the app. Have an open dialogue, get them to give you their opinion on what is appropriate and model the correct behaviour. Go over why they shouldn't give out private information or identifiable photos and be positive and understanding, in the long run, getting them to think critically about what they're seeing goes a long way to keeping them social media savvv.



#### USE PRIVACY SETTINGS

Undoubtedly, the easiest way to safeguard your child on TikTok is to make sure their account is set to private. This means only those users your child approves can view, like, and follow their content. Setting the account to private may clash with your child's goal of social media superstandom, but it will keep their account secure from strangers. This setting can be enabled under the privacy and safety menu by pressing the ellipsis in the 'me' tab of the app. To be extra safe, there are additional controls available to toggle such as who can send comments and messages. among other options.

#### ENABLE RESTRICTED MODE

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In the digital wellbeing section there's the ability to turn on restricted mode using a PIN. Restricted mode filters out content that is not age appropriate although it should be noted that this isn't always 100% fool proof. When enabling restricted mode, parents should still be vigillant to what their child is watching and take note that the algorithm moderating content is not infallible.



#### MONITOR VIEWING HABITS

Even if it doesn't make you popular, keep a close eye on what your child is viewing and sharing on Tikfok. Whilst the app has moderation tools, videos can still slip through the net so it's important to regularly check in on what they're watching. Understanding and learning the app yourself is a great way to get to grips with it. You could then even watch some videos with your child, turning it into a bonding opportunity also.



### LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT

With the proper privacy settings in place, TikTok can be a elatively safe space for your child to express themselves. However, in case something does manage to slip shrough, make sure your child knows how to recognise and report content that isn't appropriate and get them to come to you about what they have seen. TikTok allows users to report offenders and comments within the app. You can also block individual users by going on their



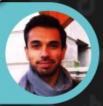
#### MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child moderate their time on the app by making use of the digital wellbeing section. Under the screen time management option, you can limit the allowed on the app in incerments ranging from 40 to 120 minutes. You can also lock this preference behind a PIN number which has to be inputted in order to then exceed the daily time limit. This way your child can get their daily dose of memes without wasting away the day.



#### Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.

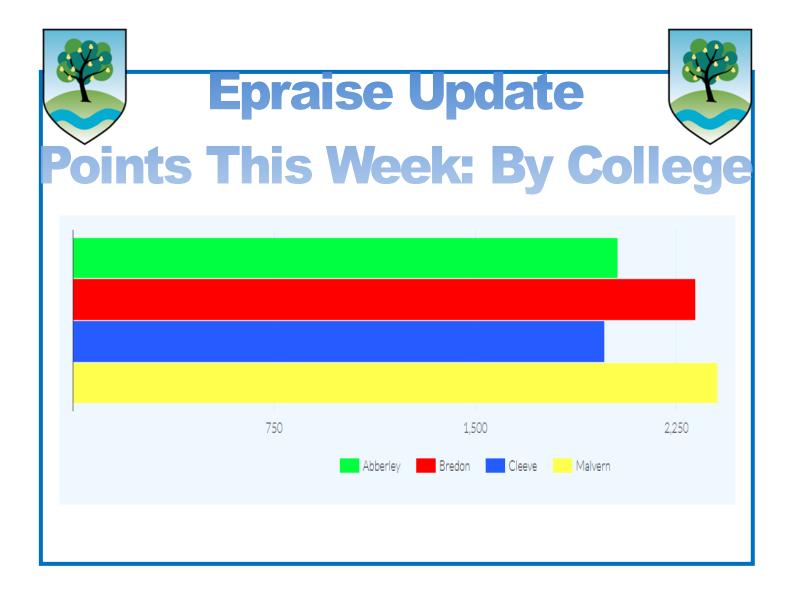


#### FAMILY SAFETY MODE

TikTok Family Safety Mode allows parents to link their own TikTok account to their child's. It's a great way to oversee your child's digital wellbeing by giving you direct control over their safety settings and being able to remotely turn features on and off. This includes managing screen time, the ability to send and receive direct messages (and with whom) and the ability to restrict the appearance of content that might not be age appropriate.



SOURCES: www.tiktok.com





	Date	Event
2	Friday 23 October	Staff Development Day
0	Monday 26 to Friday 30 October	Half term
2	Friday 18 December	End of Term
0	Monday 4 January	Staff Development Day
	Tuesday 5 January	First day of the Spring Term
	Monday 15 to Friday 19 February	Half Term
2	Thursday 1 April	End of Term
0	Monday 19 April	Staff Development Day
2	Tuesday 20 April	First day of the Summer Term
1	Monday 31 May to Friday 4 June	Half Term
	Wednesday 21 July	End of Term